® **RadioShack**

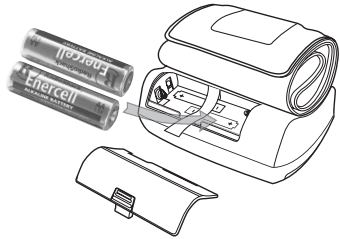# Wrist Cuff Blood Pressure Monitor

63-1515

**LifeWise™**



## Step One

### Install Batteries

1. Remove the battery compartment cover.

2. Insert two AAA batteries as indicated by the polarity symbols. For easy removal, place the ribbon under both batteries.



3. Replace the cover.
When the display dims or batteries weaken, ⌧appears on the display. Replace the batteries.

## Step Two

### Setting the Date and Time

1. Press **MODE**. The month digit flashes.

2. Repeatedly press (or hold down) **SET** to set the correct month.

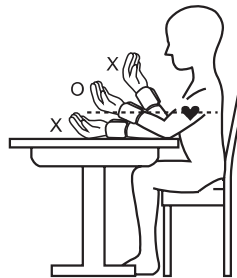3. Repeat Steps 1 and 2 to set the date, hour, and minute. Press **MODE** when finished.

## What's Included

- Wrist Cuff
- Monitor
- Storage Case

## Step Three

### Attaching the Pressure Cuff

1. With your palm face up, wrap the pressure cuff snugly around your wrist, leaving about 3/16 inches to 13/32 inches (0.5 to 1 cm) clearance between the wrist and the cuff.

2. Place your elbow on the table and wrist against the armrest or the storage case so the pressure cuff is at the same height as your heart.



## Step Four

### Measuring Blood Pressure

1. Press **START/STOP**. All display segments appear briefly, the systolic rate rests to 00, and ✍ appears. The pressure cuff automatically inflates to 195 mmHg or the sufficient pressure level for measurement. The systolic rate varies, and ♥ flashes at the same rate as your heartbeat.

2. Once the monitor detects your blood pressure reading, the pressure cuff deflates slowly. Your blood pressure reading and pulse rate appear.

3. To stop measurement, press **START/STOP**.

ERROR appears for about five seconds when:
- The pressure cuff is not wrapped around your wrist correctly.
- You move or talk during measurement.
- You do not have correct posture.

## Step Five

### Recalling Stored Readings

1. Press **RECALL**. The last reading with the date and time appears.

2. Repeatedly press (or hold down) **RECALL** to view other stored readings (up to 48).

3. To view current date and time, repeatedly press or hold down **RECALL** until the current date and time appear.

4. To erase all stored readings, remove and reinstall the batteries.

## What Is Blood Pressure?

Blood pressure is the power of circulating blood against the walls of the arteries. Systolic pressure is the highest pressure exerted when the heart contracts and pumps blood to your body. Diastolic pressure is the lowest pressure exerted when the heart pulls the blood back. Blood pressure includes systolic and diastolic pressures, and is read as 120/80 mmHg, with the systolic reading first. Both readings are an important diagnostic index for a doctor to evaluate the status of a patient's blood pressure and prescribe the right medication. The ideal time for measuring blood pressure is in the morning after getting up, before any activity, and before having any food.

## Why Monitor Blood Pressure?

Blood pressure varies based on many conditions and factors, so judgment cannot be made by just one measurement. Monitoring blood pressure at home provides you an important and convenient way of managing your health. Keeping track of your blood pressure also helps your doctor diagnose and offer the right medication for you.

## What Is Normal Blood Pressure?

Based on World Health Organization classifications:

| Normal | within 130/85 mmHg |
|---|---|
| High | over 130/85 mmHg but below 139/89 mmHg |
| Hypertension | over 139/89 mmHg |

## Variations in Blood Pressure

Blood pressure varies by many factors, such as physical condition, weight, anxiety, season, and the time of day. It is generally lower in the morning, and increases from afternoon to the evening. It is lower in the summer and higher in the winter. It rises while at work and lowers while sleeping. It is also affected by alcohol consumption, smoking, medications, and physical activity.

☑ **BATTERY NOTES** ☑

- Dispose of old batteries promptly and properly.
- Do not burn or bury batteries.
- Use only fresh batteries of the required size and recommended type.
- Do not mix old and new batteries, different types of batteries (standard, alkaline, or rechargeable), or rechargeable batteries of different capacities.
- If you do not plan to use the monitor for a month or more, remove the batteries. Batteries can leak chemicals that can damage electronic parts.

☑ **NOTE** ☑

This monitor complies with EMC requirements according to IEC60601-1-2.

! **IMPORTANT** !

- The blood pressure readings measured from this monitor are equivalent to those measured from the cuff/stethoscope auscultation method by a physician or a trained health professional.
- Keep radio transmitting equipment or cellular phones away from the blood pressure monitor to prevent affecting its performance.
- Blood pressure measurements should be interpreted by a doctor who is familiar with your medical history. Do not self diagnose. Ask your doctor if you have any questions about blood pressure or the blood pressure monitor.

## Notes

- While setting the date and time, if you do not press any key within one minute, the current time is saved and the clock automatically turns off.
- The clock uses the 12-hour time format. **P** appears for PM.
- Remove bracelets or watches before taking a measurement.
- Do not wrap the pressure cuff over your jacket or sleeve.
- Do not use the blood pressure monitor if your wrist is injured.
- If the cuff fails to stop inflating, unwrap the cuff. Re-fasten it to take the measurement.

## Hints

- Take your blood pressure at the same time under the same conditions every day.
- Sit comfortably with your legs uncrossed and feet flat on the floor, with your back supported.
- Relax and rest for 10 minutes before measuring.
- Do not talk, move, or vibrate the monitor during measurement.
- Blood pressure varies in both arms. For an accurate reading, use the same arm. If possible, we suggest using the left arm. To take multiple measurements right after each other, wait at least three minutes for each measurement.

## Care

Keep the blood pressure monitor dry; if it gets wet, wipe it dry immediately. Use and store the blood pressure monitor only in normal temperature environments. Handle the blood pressure monitor carefully; do not drop it. Keep the blood pressure monitor away from dust and dirt, and wipe it with a damp cloth occasionally to keep it looking new.

## Service and Repair

If your blood pressure monitor is not performing as it should, take it to your local RadioShack store for assistance. To locate your nearest RadioShack, use the store locator feature on RadioShack's website (www.radioshack.com), or call 1-800-The Shack (843-7422) and follow the menu options. Modifying or tampering with the blood pressure monitor's internal components can cause a malfunction and might invalidate its warranty.

## Specifications

| | |
|---|---|
| Power Source | Two AAA Batteries (Not Supplied) |

*Measurement Range:*

| | |
|---|---|
| Pressure | 0 to 280 mmHg |
| Pulse | 40 to 199 Pulse/Min. |

*Accuracy Calibration:*

| | |
|---|---|
| Static Pressure Reading | ±3 mmHg |
| Pulse | ±5% |
| Operation Temperature | 50°F to 104°F (10°C to 40°C) |
| Operation Humidity | 30 to 85% RH |
| Storage Temperature | −4°F to 122°F (−20°C to −50°C) |
| Storage Humidity | 10 to 95% RH |
| Measurement Method | Oscillometric |
| Inflation | Automatic Inflation by Air Pump |
| Deflation | Automatic Air Release Control Valve |
| Wrist Circumference Range | $5^5/_{16}$ to $8^5/_8$ Inches (135 to 220 mm) |
| Battery Life | 250 Measurements |
| Dimension (Without Cuff) | $2^{29}/_{32} \times 2^5/_8 \times 1^1/_4$ Inches (74 × 68 × 31 mm) |
| Weight (Without Battery) | 4.44 oz (140 g) |
| FDS Approval | 510(k) Class II Medical Device Approval |